

# CHELSEA COACHING GROUP

APRIL ISSUE

NO.2

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### LAST MEETING

At the March meeting of the CCG we were treated to international facilitator Carl Jackson who introduced us to the application of character profiling in coaching and mentoring and related this to his experiences working with NGOs in Nepal, India and elsewhere.

### GROUP DEVELOPMENTS

The executive committee are looking into running a series of ad hoc get togethers, in addition to the regular meetings, to explore a series of topics in-depth. The first topic will be personality profiling, looking at the various formats such as DISC, Myers Briggs and the value to coaches of these profiles. The monthly Thursday meetings will concentrate on renowned external speakers.

Refer to the website for details of last meeting.



19th April, Ravi Verdi, NLP Practitioner

## Speakers

We continue to attract a fantastic lineup of speakers willing to give up their time to educate, inform and develop coaches in Chelsea.

19th April:  
Ravi Verdi, NLP Practitioner

### Introduction

The Workshop element of the Chelsea Coaching Group on 19th April has been developed to give you skills to assist your clients in gaining control of their stress levels. Many people seek coaching for help with managing stress in all aspects of their lives. During the workshop Ravi Verdi will be discussing tools and exercises to help you move your clients forward.

### Aims of the workshop

Stress Coaching – What is it?

What tools & models can be used to reduce your client's stress?

### Speaker Biography

Ravi Verdi is a fully qualified coach, NLP Practitioner and has supported her clients to reduce their stress in one-to-one coaching and workshops. During the years Ravi has attended a number of other courses to support her clients. She

is very passionate, loves coaching and finds it very rewarding to see her clients make the positive changes they want. Ravi Verdi is a fully qualified coach, NLP Practitioner and has supported her clients to reduce their stress in one-to-one coaching and workshops. Ravi Verdi is a fully qualified coach, NLP Practitioner and has supported her clients to reduce their stress in one-to-one coaching and workshops, so they are happier. Ravi has a sales and marketing background in the pharmaceutical industry and whilst working she decided to study coaching, as this is where her passion lies. Ravi now has her own Stress Coaching business which specializes in de-stressing and relaxing her clients. *Ravi's mission is to support her clients to bring out the best in them so they live a happy life.*

17th May:  
Jeremy Lazarus. Master Practitioner NLP and best selling author. The fundamentals of NLP as applied to Coaching.

21st June:  
Closed Meeting. Topic to be agreed by members vote.

# CHELSEA COACHING GROUP

MARCH ISSUE

NO.2

## LAST MEETING

From 1st June 2012 the cost of the monthly donation will rise to £5 to include refreshments and a donation to the Community Centre, which is a registered charity, and to cover any expenses incurred by the speakers. Closed meetings will remain at £3 per meeting. We will run 10 meetings a year with no meeting in August and December.

This is the second issue of our newsletter and we would welcome feedback from the group. Back issues of the newsletter will be available to new members and we hope to have a folder available at the meetings with key pieces of information. Feedback forms will also be available for members to comment on speakers and any other aspects of the Group.

## VENUE

Our venue is bright, clean, comfortable and right in the heart of Chelsea. It is confirmed for the next 6 months. The venue is run by a charity and does not charge but we make a voluntary contribution. It is a condition of hire that we keep the door locked so we encourage members to make every effort to arrive on time to avoid inconvenience and disruption to our speakers.



## How to find us

New Horizon Centre  
Guinness Trust Estate  
Cadogan Street  
London SW3 2PF

### Bus Routes

Buses 19, 22, 137, 452 and C1 go along Sloane Street

Buses 11, 211 and 319 go along the Kings Road

Bus 360 goes along Sloane Avenue and Draycott Terrace

**Parking** Limited on Street Parking available after 6:30pm

**Underground** Sloane Square is the nearest tube stop.

## STAY IN TOUCH

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